

Turkey Black Bean Burgers with Salsa



SALSA

INGREDIENTS

- 4 medium tomatoes, diced
- 1 small red onion, finely chopped
- 1 jalapeno, seeded and mince, optional
- 3 Tbsp. chopped fresh cilantro
- 2 Tbsp. lime juice
- 1 cup frozen corn kernels, thawed
- ½ tsp. salt

NUTRITION FACTS *8 servings*

Calories: 43 Total Carbohydrate: 11 g
 Fat: 0 g Dietary fiber: 1.4 g
 Sodium: 100 mg Protein: 1 g



BURGERS

INGREDIENTS

- 2 Tbsp. olive oil
- 1¼ lb. package lean ground turkey
- 1 (15 oz.) can black beans, rinsed, drained and lightly mashed
- 1 egg, beaten
- ¾ cup Panko bread crumbs
 *substitute crushed tortilla chips or gluten free bread crumbs
- 1 tsp. salt
- 2 tsp. chili powder
- 1 tsp. cumin
- ¼ tsp. pepper
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 1 avocado, peeled, pitted, and diced, optional
- Light sour cream, optional

NUTRITION FACTS

8 servings
 Calories: 261
 Fat: 11 g
 Sodium: 281 mg
 Total Carbohydrate: 11 g
 Dietary fiber: 4 g
 Protein: 22 g

DIRECTIONS

1. Mix together all the ingredients for salsa. Cover and chill.
2. For burgers – preheat oven to 350 degrees. Heat oil in large oven proof skillet over medium heat.
3. Slightly mash beans in large bowl. Add salt, seasonings, breadcrumbs (or tortilla chips), and beaten egg. Mix until evenly combined. Add turkey and use your hands to mix well. Form 8 equal sized patties.
4. Cook patties 4-5 minutes. Flip and cook another 4-5 minutes or until there is no pink in center. Place skillet in oven and bake for 2-3 minutes. When serving, top burgers with salsa, a few slices of avocado and a little sour cream.

High Voltage Energy Bars



INGREDIENTS

- ½ cup toasted nuts, chopped (almonds, walnuts, pecans or sunflower seeds)
- ½ cup unsweetened, dried fruit (raisins, dried cranberries, dates, dried cherries, etc.)
- 1 cup old-fashioned oats
- ¾ cup crisp rice cereal (brown rice cereal preferred)
- ¾ cup almond or peanut butter
- ¼ cup honey or real maple syrup
- 1 tsp. vanilla extract



DIRECTIONS

1. Line an 8x8 pan with wax paper, parchment paper or foil, leaving some hanging over the edges for covering the bars later.
2. In a large bowl, mix together chopped nuts, dried fruit, old-fashioned oats, and rice cereal.
3. Put nut butter and honey in small microwavable bowl and microwave about 30 seconds until smooth. Stir in vanilla.
4. Add nut butter mixture into oat mixture and stir until well combined.
5. Transfer the mixture into the lined pan. Press down the bars into the pan as hard as you can. Fold over the extra wax paper to fully cover the bars. Cover with plastic wrap and refrigerate at least 4 hours. Can be refrigerated up to 1 week. Cut into 16 small bars.

NOTE: If desired, you can toast your nuts in a non-stick pan on medium-low heat until they brown and become fragrant. Be careful that you don't burn them.

NUTRITION FACTS		16 servings
Calories: 116	Total Carbohydrate: 12 g	
Fat: 13 g	Dietary fiber: 2 g	
Sodium: 301 mg	Protein: 3 g	

Pan Roasted Green Beans



INGREDIENTS

- 1 Tbsp. olive oil
- 2 garlic cloves, peeled and minced or ¼ tsp. garlic powder
- 1 Tbsp. finely chopped fresh ginger, optional
- 1 lb. green beans, washed and trimmed
- ¼ tsp. Kosher salt
- ¼ cup cold water

NUTRITION FACTS		4 servings
Calories: 72	Total Carbohydrate: 10 g	
Fat: 4 g	Dietary fiber: 4 g	
Sodium: 155 mg	Protein: 2 g	

DIRECTIONS

1. Heat oil over low heat in a medium skillet. When oil is hot, cook the garlic and ginger (if desired) for about 30 seconds, until just golden. Add salt and beans, and stir to coat with oil.
2. Add water and increase heat to high. Remove from heat when pan is almost dry, 5-6 minutes. Serve immediately.
3. For some extra flavor, before serving, you can add 1 tsp. Dijon mustard, or add 1 Tbsp. chopped toasted nuts, or 1 Tbsp. chopped fresh herbs, or to make spicier beans, add ½ tsp. crushed red pepper or dash of hot sauce.

Fajitas GF*

INGREDIENTS

- 1 lb. boneless, skinless chicken or turkey breasts, cut into thin strips
- ¼ large red onion, coarsely chopped
- ¼ cup orange juice
- 2 Tbsp. lime juice
- ½ tsp. salt, divided
- 1 tsp. cumin
- 1½ tsp. chili powder
- 1-2 garlic cloves, minced or ½ tsp. garlic powder
- 2 Tbsp. vegetable or olive oil
- 2 red onions thinly sliced
- 2 red or yellow bell peppers, thinly sliced
- 8-12 flour tortillas, whole wheat preferred
*use corn tortillas
- Topping options: thinly sliced avocado, plain yogurt or light sour cream, cilantro, and salsa

NUTRITION FACTS *6 servings*
 Calories: 200 Total Carbohydrate: 8 g
 Fat: 8 g Dietary fiber: 1 g
 Sodium: 189 mg Protein: 25 g
 Nutrition facts don't include tortillas/ toppings

SHORTCUT PREP

Skip the seasonings (salt, cumin, chili powder, and garlic) and simply mix ½ cup of salsa with the orange juice, lime juice, and onion. Then marinate as instructed.

DIRECTIONS

1. Mix together ¼ onion, lime juice, orange juice, ¼ tsp. salt, cumin, chili powder, and garlic in medium bowl. Add chicken strips and toss to coat. Cover and leave to marinate for 30 minutes minimum in the fridge (or up to 4 hours). Marinating longer than 4 hours will make meat mushy. Drain well, just leaving chicken pieces.
2. Preheat oven to 250 degrees.
3. Heat 1 Tbsp. oil in a skillet over medium heat. Cook onions and peppers about 10 minutes until tender and browned and season with remaining ¼ tsp. salt. Transfer vegetables to glass container and put in oven to keep warm.
4. Wrap tortillas in aluminum foil and put them in the oven to warm.
5. Add 1 Tbsp. oil to same skillet and heat on high. Add chicken and cook 2-3 minutes per side, flipping once. Remove veggies and tortillas from oven. Transfer chicken to veggie plate. Serve with toppings on the side, so that each person can assemble their own fajita.

Crazy 'Coolslaw' GF

INGREDIENTS

- 4 cups shredded green cabbage
- 1½ cups grapes, cut in half
- 1 cup shredded carrots
- ½ cup drained, canned crushed pineapple
- 3 Tbsp. light mayonnaise
- 1 Tbsp. honey
- 1 tsp. cider vinegar or lemon juice
- ⅛ tsp. cinnamon, optional

DIRECTIONS

1. Mix all ingredients in medium bowl until well combined.
2. Refrigerate for at least 15 minutes before serving.

NUTRITION FACTS

6 servings
 Calories: 76
 Fat: 2 g
 Sodium: 253 mg
 Total Carbohydrate: 19 g
 Dietary fiber: 3 g
 Protein: 1 g



Build a Better Pizza

PIZZA CRUST

INGREDIENTS

- 1 packet (2¼ tsp.) rapid rise yeast
- 2½ cups white whole wheat flour
(or 1¼ cups all-purpose flour and 1¼ cups whole wheat flour)
- 1½ tsp. sugar
- ¾ tsp. salt
- ¾ cup hot tap water
- 2 Tbsp. olive oil

DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Whisk together yeast, flour, salt, and sugar. Add the warm water and oil and mix well. If dough seems very sticky, add more flour as needed to make it smooth. Knead until smooth, then cover with a moist, clean cloth and set aside to rise 10-15 minutes.
3. Roll out dough into 2 twelve-inch circles.
4. Place on a lightly greased baking sheet or pizza pan.
5. Add toppings and bake in preheated oven for 15 minutes or until cheese is bubbly, and crust is browned.



TOPPINGS

KEEP IT FRESH

To add nutritional value and fiber, top pizza with creative combinations of fresh veggies such as bell peppers, onion, fresh basil or other herbs, mushrooms, garlic, cooked spinach, arugula, tomatoes, asparagus, finely chopped broccoli, zucchini or yellow squash slices, jalapeños, or eggplant! Consider grilling or roasting your veggies for maximum flavor!

IF YOU WANT MEAT

Add a little bit of something leaner such as chicken breast or turkey sausage. If you're craving the classic pepperoni, sausage, or ham, choose one and use small pieces to make a little go a long way! Using less meat allows you to enjoy the other topping flavors more!

MAKE IT SAUCY

Use 1 cup pizza sauce (for an extra boost, mix with ⅓ cup pumpkin puree) or to let other flavors shine, simply spread 2 Tbsp. of olive oil (mixed with minced garlic and herbs) over whole crust.

SAY CHEESE!

Sprinkle on a mixture of 1¼ cup mozzarella and ¼ cup parmesan (consider trying thinly sliced fresh mozzarella or little dollops of a lower fat ricotta mixed with herbs).

A FEW COMBOS TO TRY

LIGHT MARGHERITA PIZZA

INGREDIENTS

- 5 plum tomatoes (thinly sliced)
- 1 cup (4 oz.) shredded fresh mozzarella cheese
- 1 Tbsp. plus 1 tsp. olive oil
- 1 tsp. balsamic vinegar
- ½ cup fresh basil (thinly sliced)
- 1 garlic clove (minced)
- Freshly ground pepper

DIRECTIONS

Brush entire crust with 1 Tbsp. oil, spread tomato slices and garlic over crust, and sprinkle cheese evenly on top. Follow crust directions for baking. Whisk together vinegar and 1 tsp. oil. When crust is golden brown, remove pizza from oven and top with sliced basil, black pepper, and vinegar/oil mixture.



SHORTCUT PREP

No time to prepare crust? When choosing pre-made- whether it be pizza dough in the frozen foods section or a prepared crust- look for whole wheat, high fiber, and thin crust options. Or get creative and make mini pizzas using whole wheat pita pockets cut in half or whole wheat English muffins!

FARMER'S MARKET PIZZA

INGREDIENTS

- 1¼ cup pizza sauce
- 1 small zucchini
- 1 small yellow squash (thinly sliced)
- Grape tomatoes (halved)
- 1 bell pepper (diced)
- 2 green onions (chopped)
- 1 cup shredded mozzarella cheese
- ¼ cup shredded parmesan cheese

DIRECTIONS

Spread sauce evenly over crust. Form a layer of zucchini and squash. Spread tomatoes, peppers, and green onions on top. Evenly sprinkle cheese and ½ tsp. oregano over veggies. Bake at the time and temperature suggested for crust.



HAWAIIAN BBQ CHICKEN PIZZA

INGREDIENTS

- 1 Tbsp. olive oil
- 1-2 boneless skinless chicken breasts (1 inch chunks)
- 2 garlic cloves (minced)
- 1 red onion (thinly sliced)
- ½ cup barbecue sauce
- 1 (6 oz.) can crushed pineapple (drained)
- 1½ cups shredded mozzarella cheese
- Cilantro (optional)

DIRECTIONS

Sauté chicken with garlic and onion in olive oil for 2-3 minutes. Add ¼ cup BBQ sauce and cook, stirring until chicken is cooked through. Spread remaining BBQ sauce on crust. Cover with 1 cup of cheese. Top with chicken, pineapple, remaining cheese, and cilantro. Bake at the time and temperature suggested for crust.

Baked Veggie Quesadilla



INGREDIENTS

- 1 Tbsp. canola oil
- 2 poblano chiles, diced (about 1 cup)
- 1½ cup summer squash (zucchini, yellow squash, crookneck), diced
- ¼ tsp. of both salt and pepper
- 1 cup fresh corn kernels (from 2 medium ears)
- ½ tsp. chili powder
- 2 small tomatoes diced (about 1 cup)
- ¼ cup fresh cilantro, chopped
- 1 Tbsp. lime juice
- 4 (9 inch) whole wheat tortillas
(*use corn or GF tortillas)
- 4 Tbsp. shredded cheddar cheese
(*sub out cheese with sliced avocado)



NUTRITION FACTS *8 servings*

Calories: 120	Total Carbohydrate: 16 g
Fat: 4 g	Dietary fiber: 2 g
Sodium: 170 mg	Protein: 4 g

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place oil in a large skillet and heat over medium-high heat until hot. Add the chiles and cook, stirring until soft, 3-4 minutes.
3. Add the squash. Sprinkle with salt and pepper and cook additional 3-4 minutes, stirring often.
4. When squash starts to brown and soften, sprinkle with the corn, then the chili powder. Mix well and cook additional 1-2 minutes.
5. Spoon the mixture into a bowl and gently fold in the tomatoes, cilantro, and lime juice.
6. Cover a baking sheet with parchment paper and lay 1 tortilla in the center. Layer ¾ cup of the vegetable mixture in the center and evenly spread it over the tortilla. Do not put too much in the layer. Sprinkle with ¼ cup of the cheese and place another tortilla on top.
7. Continue this until ingredients are used. The last tortilla can be topped with the vegetable mixture, cheese, both, or nothing.
8. Cover with another sheet of parchment and fold edges together. Bake for 12-15 minutes. Cut into 8 slices.

Make your Buddha Bowl



Buddha Bowls are fun to make! You get to create your own by adding ingredients you like. No two have to be the same – mix it up! A classic Buddha bowl includes a whole grain (or starchy veg), lean protein, tons of vegetables, nuts or seeds possibly, and a dressing of your choice that adds a punch of flavor!



PICK ONE WHOLE GRAIN OR STARCHY VEG:

- Cooked brown rice
- Quinoa
- 100% whole grain pasta
- Polenta
- Sweet potato or potato

PICK ONE LEAN PROTEIN SERVING:

- Black beans
- Garbanzo beans (*or other beans*)
- Lentils
- Chicken breast
- Seasoned ground turkey
- Crumbled veggie burger

ADD IN NUTS OR SEEDS, IF DESIRED

- Pumpkin seeds
- Sunflower seeds
- Almonds
- Pistachios
- Walnuts, etc.

PILE HIGH WITH GREENS AND VEGETABLES

- Spinach
- Mushrooms
- Broccoli
- Carrots
- Cauliflower
- Green onions
- Peas
- Tomatoes
- Bell peppers & more!

ADD IN YOUR DRESSING OR FLAVOR BOOSTER

- Healthy salad dressing (*pass on heavy creamy dressings*)
- Hummus
- Avocado
- BBQ sauce
- Chili sauce
- Ginger dressing
- Soy sauce
- Balsamic vinegar or glaze
- Salsa or pico de gallo
- Sriracha or other hot sauce
- Pasta sauce

Yummy Fresh Zoodle Salad



INGREDIENTS

- 2 Tbsp. rice vinegar
- 1 Tbsp. chopped fresh basil
- 2 Tbsp. olive oil
- ¼ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 large zucchini
- ½ ripe avocado, cubed
- 1 cup cherry tomatoes, halved
- (optional – ½ cup fresh mozzarella pearls) (*omit for V)



NUTRITION FACTS *6 servings*

Calories: 56	Total Carbohydrate: 3 g
Fat: 4.7 g	Dietary fiber: 1 g
Sodium: 6 mg	Protein: 1 g

DIRECTIONS

1. Mix vinegar, oil, and seasonings into large bowl.
2. Using a spiral veggie slicer (for ‘thick’ noodles), spiralize the zucchini into noodles.
3. Add noodles to bowl with dressing, along with avocado, tomatoes and cucumber. Add cheese if desired. Toss to coat. Enjoy!